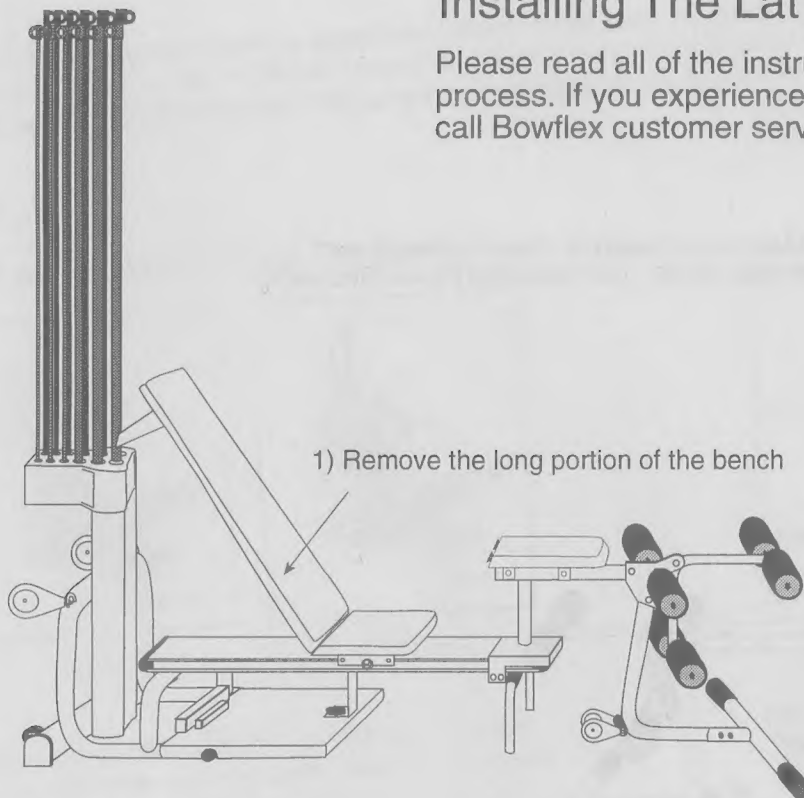


Installing The Lat Pulldown Attachment

Please read all of the instructions before beginning the assembly process. If you experience any difficulties please don't hesitate to call Bowflex customer service at 1-800-269-3539 for assistance.

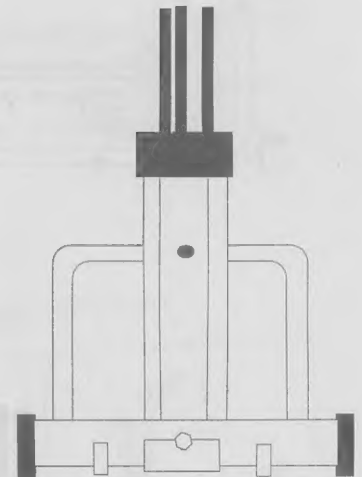
PARTS BAG LIST

- 1 - #10 X 3/4 SCREW
- 1 - 1/4" X 7 CARRIAGE BOLT
- 1 - 1/4" WING NUTS
- 2 - 1/4" X 3 1/2" HEX BOLTS
- 2 - 1/4" LOCK NUTS
- 2 - 3/8" X 3 1/2" HEX BOLTS
- 2 - 3/8" LOCK NUTS
- 1 - SQUARE PLASTIC BUMPER
- 1 - SHOCK CORD

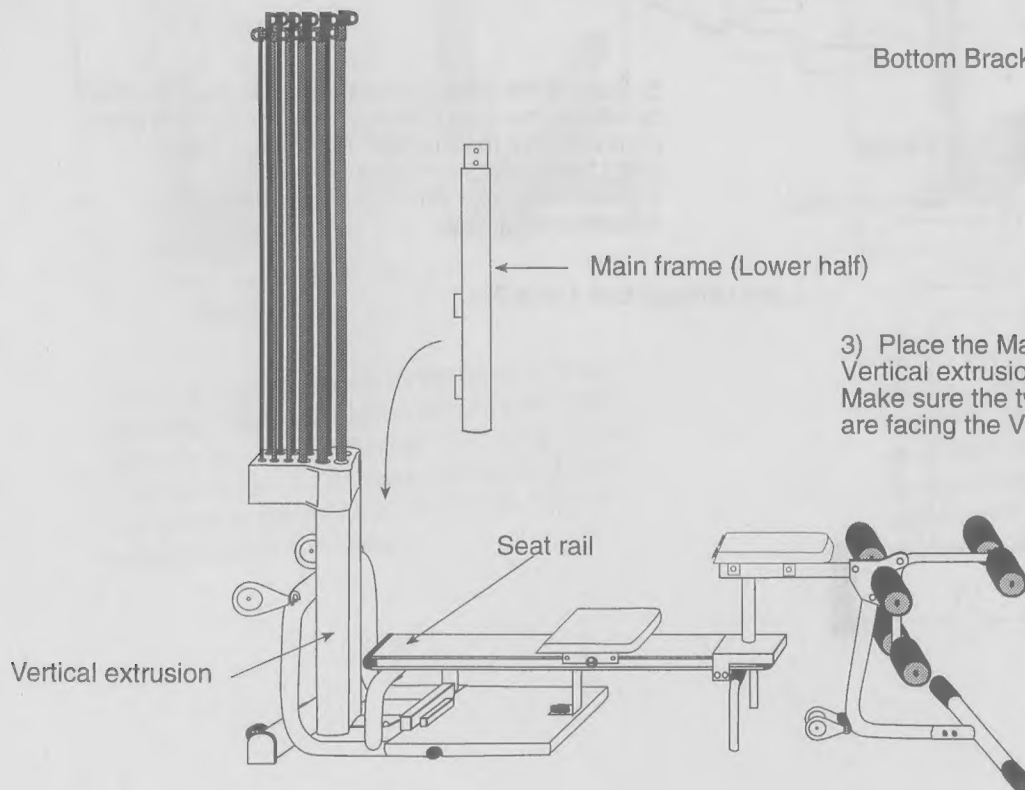


2) From the back side of the machine, loosen the hex head bolt indicated here. Slip bottom bracket underneath machine and slide head of bolt into slot on bracket.

Then slide the lat pulldown attachment up - so that the bottom rests directly on the bracket. Make sure bracket is straight, then tighten bolt securely.

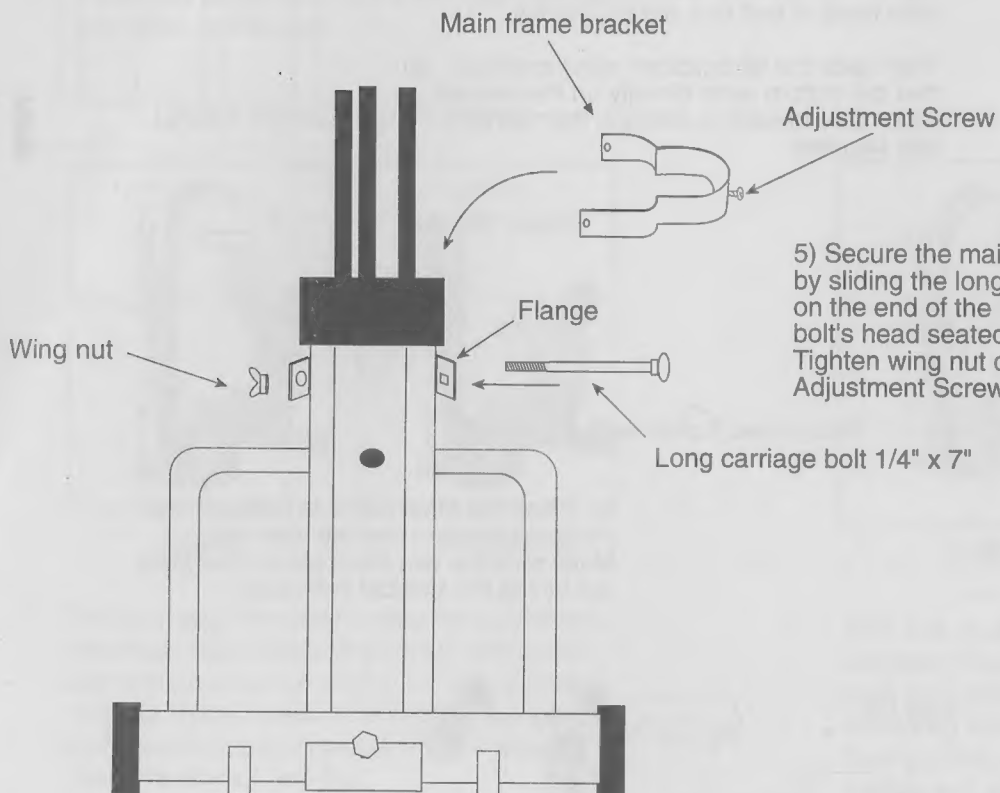
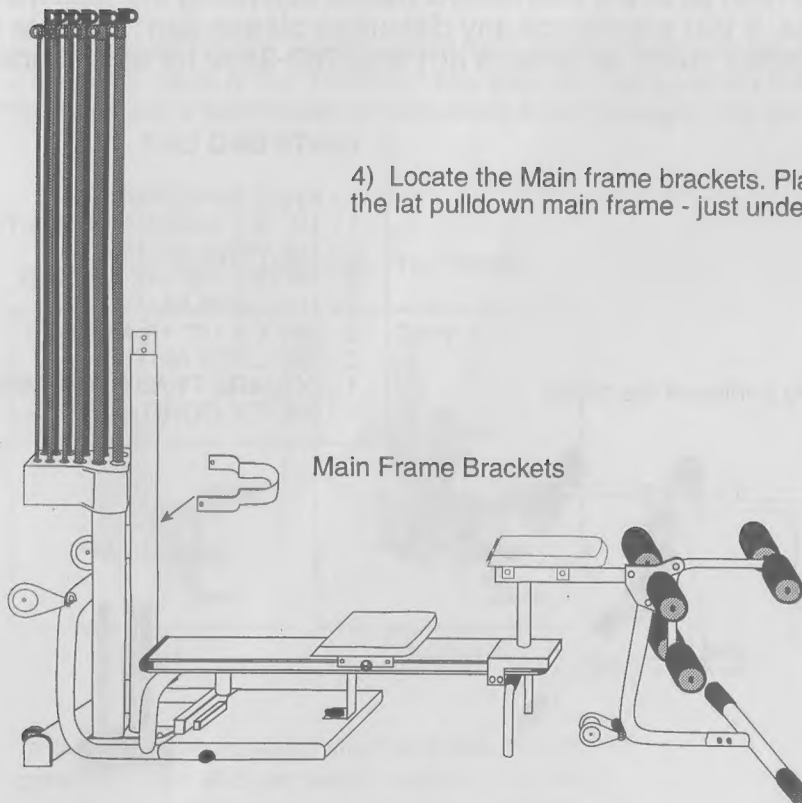


Bottom Bracket



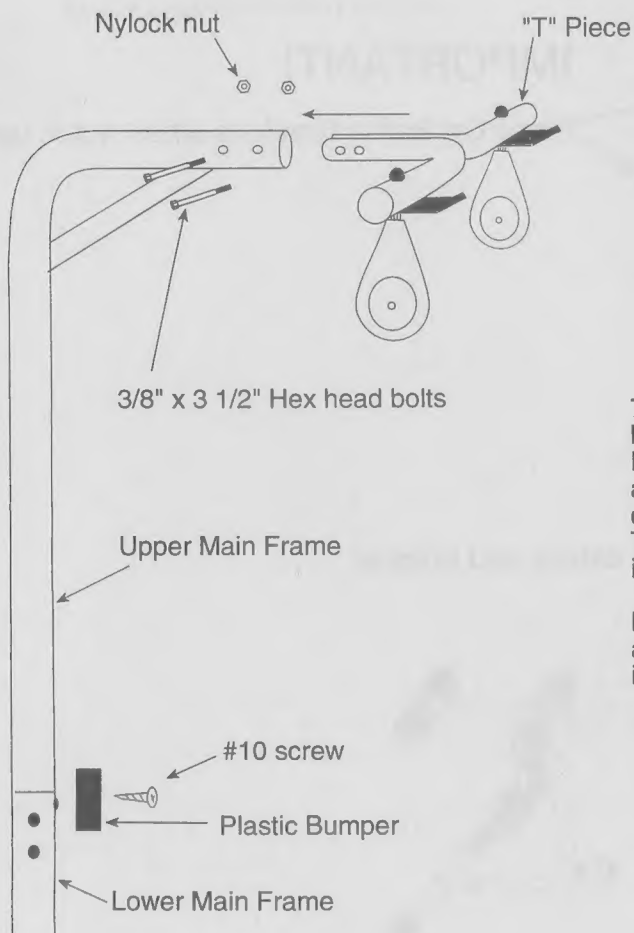
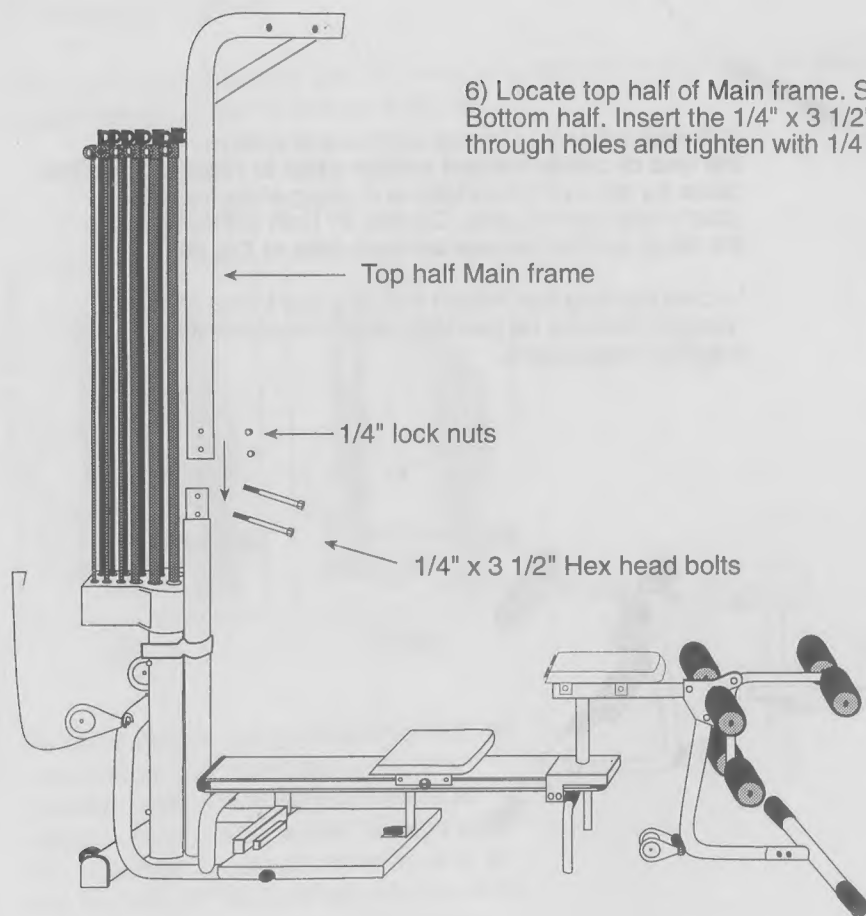
3) Place the Main frame in between the Vertical extrusion and the seat rail. Make sure the two black plastic bumpers are facing the Vertical extrusion.

- 4) Locate the Main frame brackets. Place bracket over the lat pulldown main frame - just under the Power Rod pack.



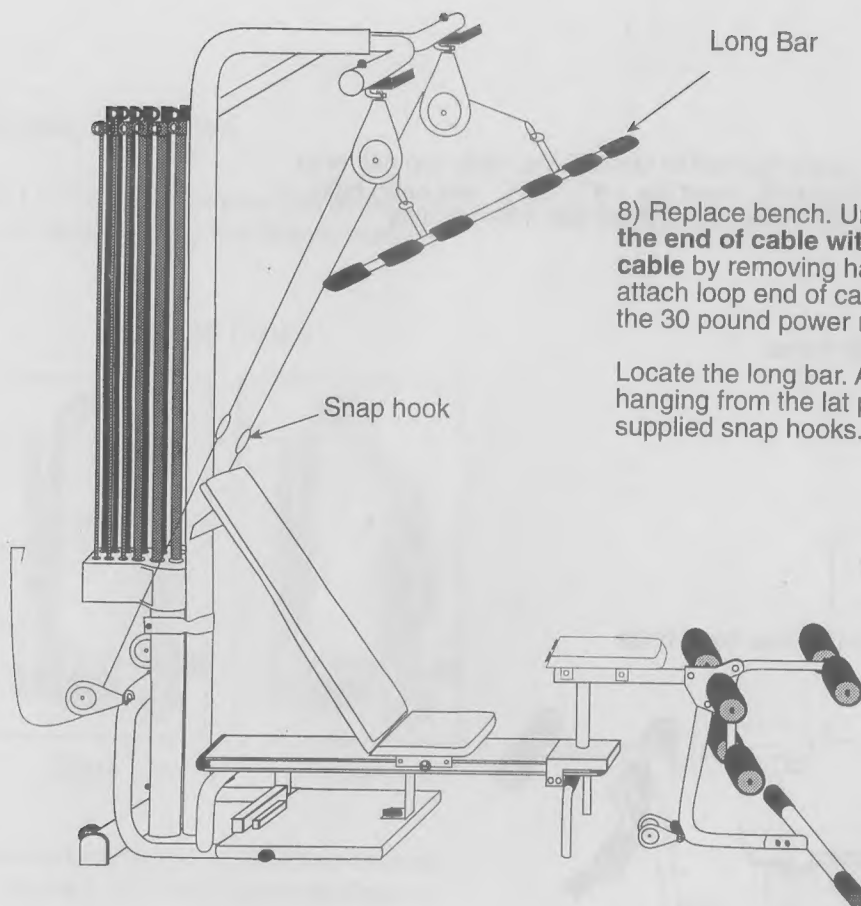
- 5) Secure the main frame bracket to your Bowflex by sliding the long carriage bolt through the holes on the end of the bracket. Make sure that the bolt's head seated in square hole. Tighten wing nut onto end of bolt and tighten Adjustment Screw.

6) Locate top half of Main frame. Slide top half onto Bottom half. Insert the 1/4" x 3 1/2" hex head bolts through holes and tighten with 1/4 lock nuts.



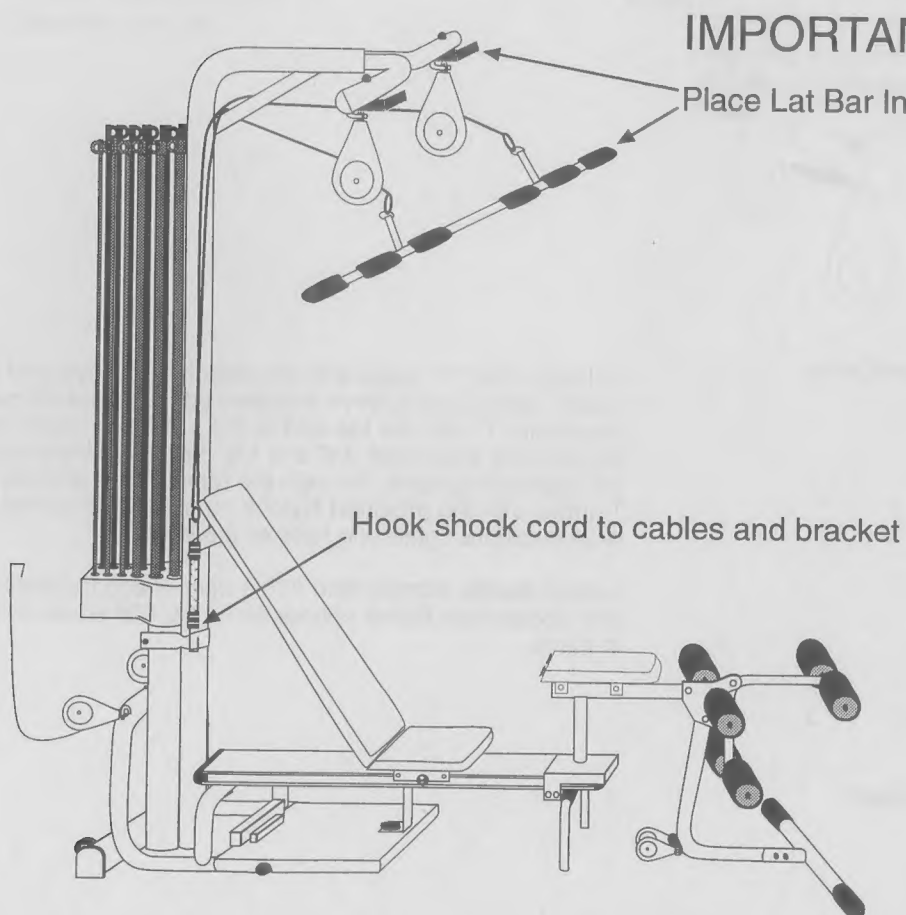
7) Locate the "T" piece with the attached pulleys and cables. Leave cables and pulleys wrapped up in the plastic packaging. Insert the "T" into the top end of the Lat Attachment main frame as pictured. Insert two 3/8" x 3 1/2" hex head bolts into the two corresponding holes, through the main frame and the "T" piece. Tighten with the provided Nylock nuts. Make sure the "T" piece is level before tightening nuts all the way.

Locate plastic bumper and #10 screw. Place bumper over lower and upper main frame connection. Use #10 screw to hold bumper in place.



8) Replace bench. Unwrap cables and pulleys. **Attach the end of cable without rubber stop to regular Bowflex cable** by removing handgrip and using snap hook to attach loop end of cable. Do this on both sides. Hook up the 30 pound power rods on each side at this time.

Locate the long bar. Attach the long bar to the cables hanging from the lat pulldown attachment with the supplied snap hooks.



IMPORTANT!

Place Lat Bar In Brackets when not in use.

Hook shock cord to cables and bracket

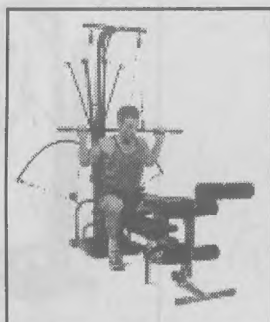
Exercises With The Lat Pulldown Feature

Before performing any exercise listed here, please make sure you have correctly installed your Lat Pulldown and it is secure. Each of the "Pulldown" exercises function generally the same way. However, each exercise works your muscles a little differently. With some experimentation you can tell which specific exercises you prefer.

Lat Pulldown (Behind The Neck)



Start



Finish

To get into position, stand straddling bench and grasp bar, then sit down facing away from power rods. Pull bar down in a smooth motion to the back of your upper shoulders. Do not bang bar into your neck. Slowly return to starting position. Performed correctly, you will feel this exercise in your back and Biceps.

Front Pulldown



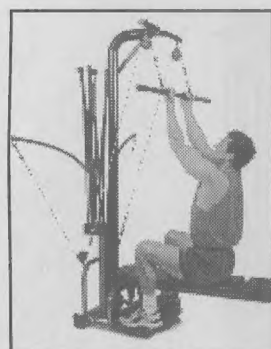
Start



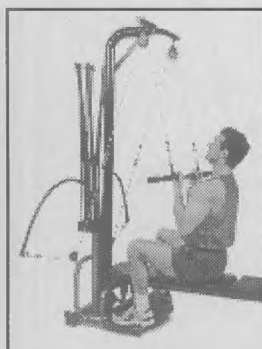
Finish

Stand straddling bench and grasp bar. Sit facing power rods as shown. Lean back slightly and pull bar down to top of chest as shown. Slowly return to starting position.

Under Hand Grip Pulldown



Start



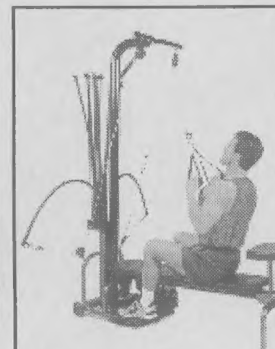
Finish

This is a slight variation to the front pulldown exercise. Stand straddling bench and grasp bar with an underhand grip. Sit facing power rods as shown. Lean back slightly and pull bar down to top of chest as shown. Slowly return to starting position.

Hand-Grip Pulldown



Start



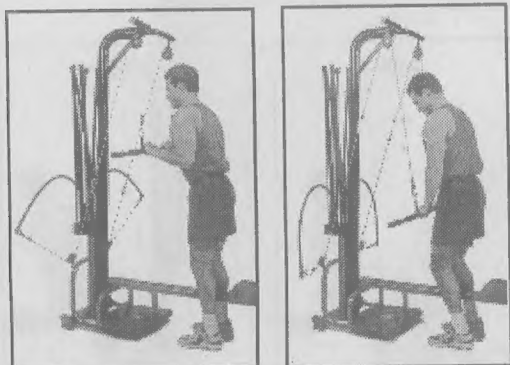
Finish

This is a another variation to the front pulldown exercise. Replace bar with hand-grips, making sure both are connected to each cable. Stand straddling bench and grasp hand-grips. Sit facing power rods as shown. Lean back slightly and pull grips down to top of chest as shown. Slowly return to starting position.

Triceps Exercises

The Lat Pulldown feature also allows you to perform a variety of other exercises. Here are two that are particularly good for the triceps muscles.

Triceps Press

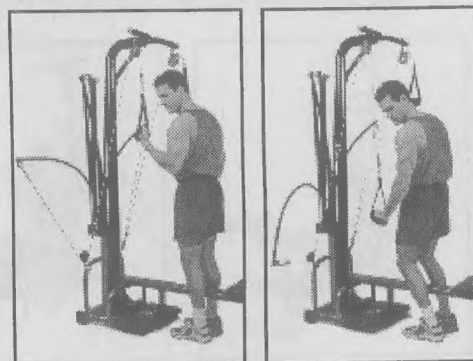


Start

Finish

Remove bench, stand straddling seat rail as pictured. Pull down bar to starting position. With knees slightly bent and elbows close to your sides, slowly press the bar down as shown, bending only at the elbows. Do not lean into the bar or let your elbows move out from your sides. Slowly return to starting position.

Single Arm Triceps Extension



Start

Finish

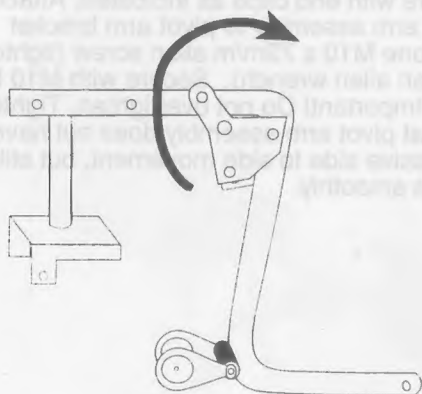
Remove bench, stand straddling seat rail as pictured. Grasp hand-grip with an under hand grip. You may want to use the "Cuff" portion of grip. Bring one grip down to starting position as shown. With knees slightly bent and elbow close to your sides, slowly extend the grip down as shown, bending only at the elbows. Slowly return to starting position.

Leg Extension Assembly Instructions

Call 1-800-269-3539 if you have any questions or assembly difficulties.

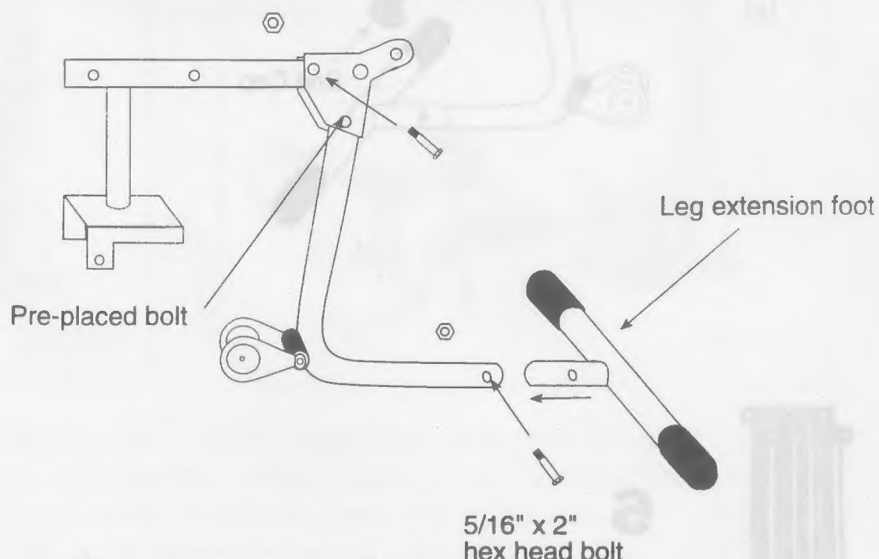
1

Rotate Pivot Arm bracket as indicated.



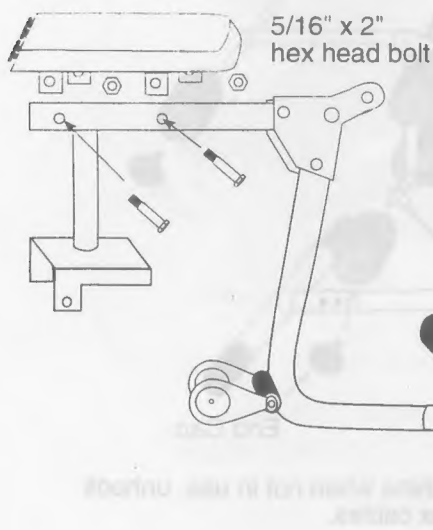
2

Secure pivot arm bracket by inserting one 5/16" x 2" hex head bolt through indicated hole on bracket and tighten with one 5/16" lock nut. Check pre-placed bolt, tighten if necessary. Insert leg extension foot into leg extension main frame as indicated. Insert one 5/16" x 2" hex head bolt through hole and tighten with one 5/16" lock nut.



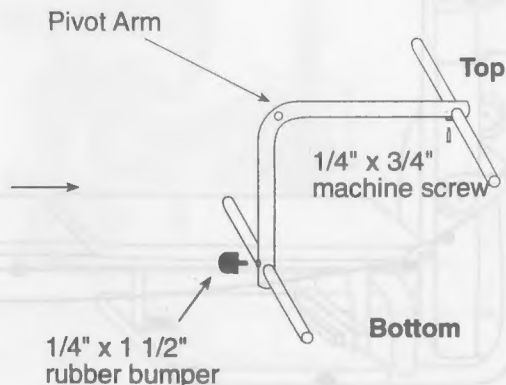
3

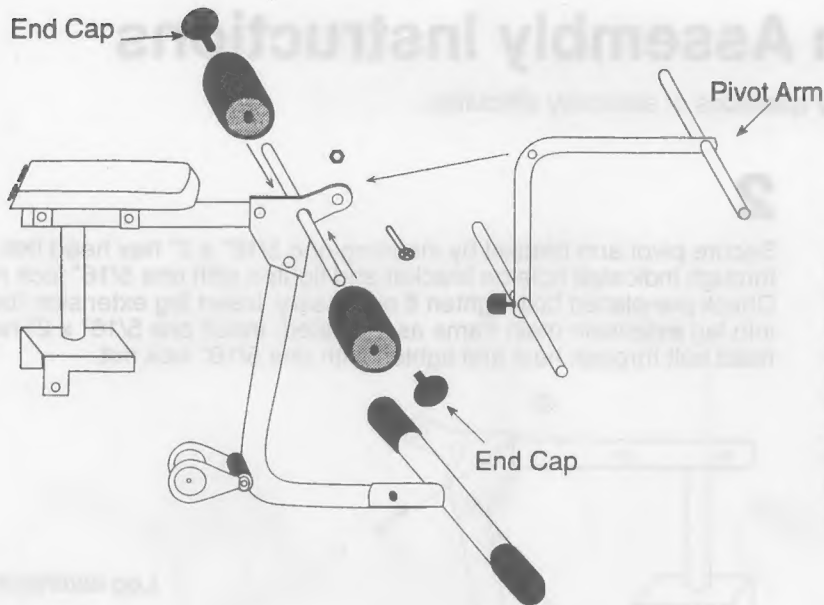
Locate seat. Align brackets on bottom of seat with holes located on leg extension as indicated. Secure seat by inserting 5/16" x 2" hex head bolts through holes and tightening with 5/16" lock nuts. (Tighten screws holding brackets to seat.)



4

Locate Pivot Arm. Insert metal tubes through large holes at each end of pivot arm. **Important!** Insert 1/4" x 3/4" machine screw into nut underneath top of pivot arm. Insert 1/4" x 1 1/2" screw into hole on bottom pivot arm. Tighten both bolts until snug, **BUT DO NOT OVER-TIGHTEN!**





5

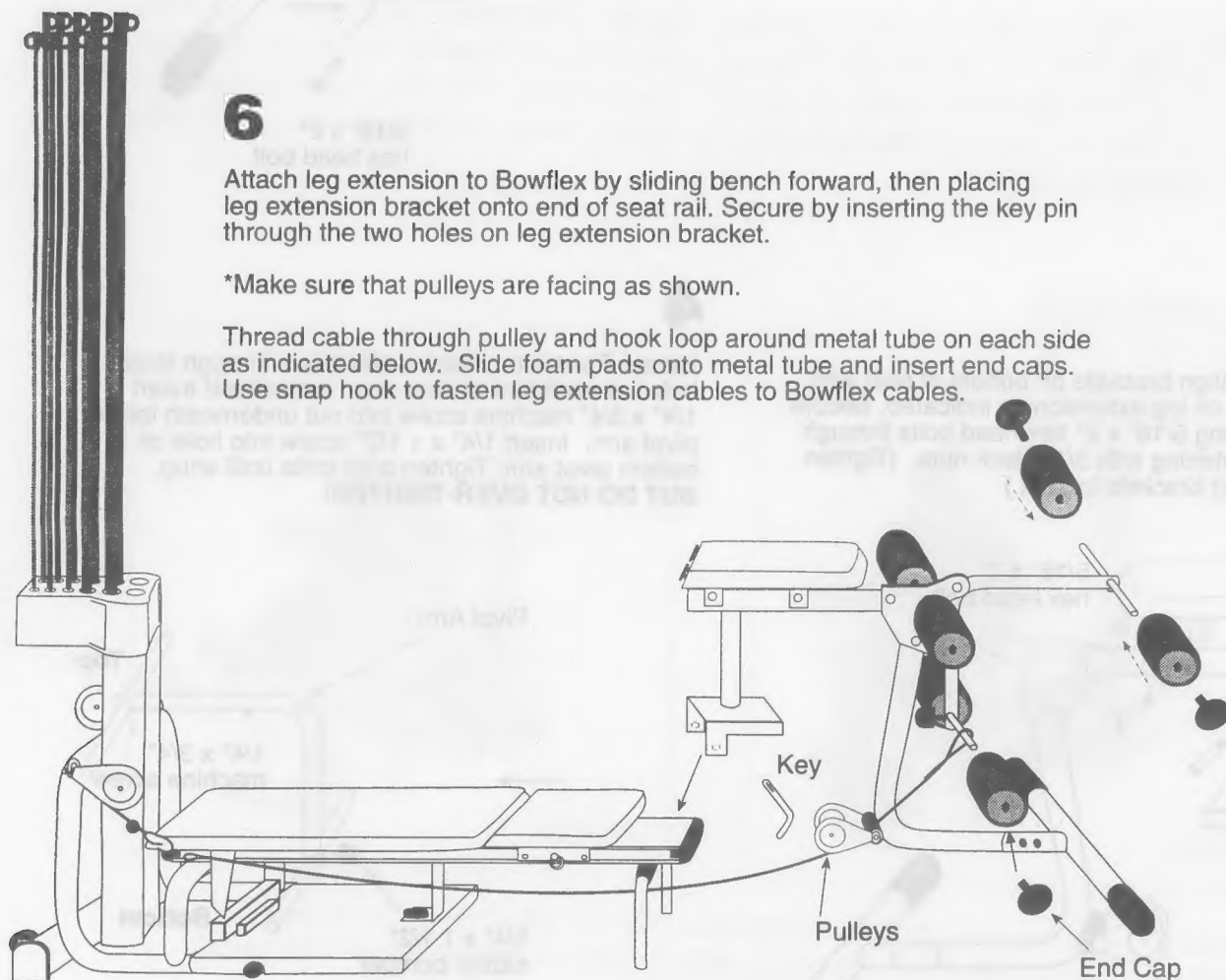
Insert metal tube through large holes on pivot arm bracket. Slide on foam pads and secure with end caps as indicated. Attach pivot arm assembly to pivot arm bracket with one M10 x 73mm allen screw (tighten with an allen wrench). Secure with M10 lock nut. Important! Do not overtighten. Tighten so that pivot arm assembly does not have excessive side to side movement, but still pivots smoothly.

6

Attach leg extension to Bowflex by sliding bench forward, then placing leg extension bracket onto end of seat rail. Secure by inserting the key pin through the two holes on leg extension bracket.

*Make sure that pulleys are facing as shown.

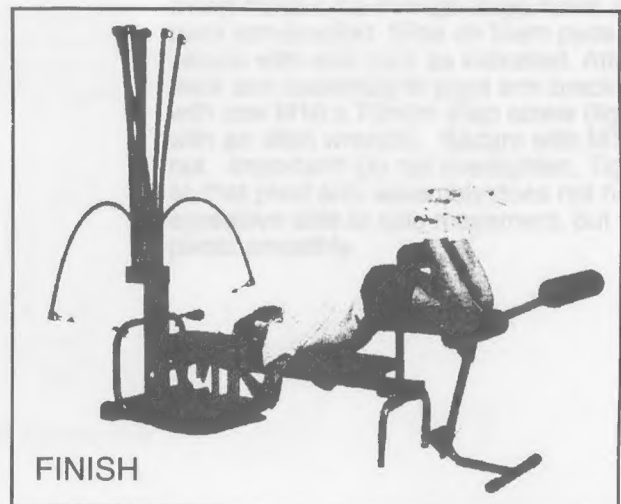
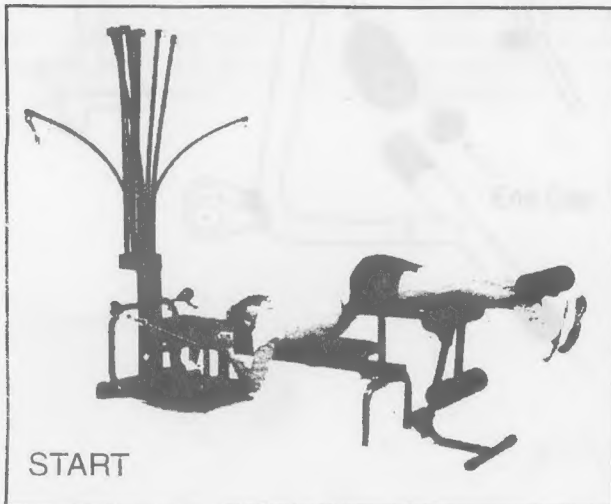
Thread cable through pulley and hook loop around metal tube on each side as indicated below. Slide foam pads onto metal tube and insert end caps. Use snap hook to fasten leg extension cables to Bowflex cables.



**To leave Leg Extension on machine when not in use, unhook leg extension cables from Bowflex cables.

HOW TO PERFORM THE LEG CURL AND LEG EXTENSION EXERCISES.

LEG CURL



Begin by making sure the leg extension / leg curl attachment is properly attached to your Bowflex. To get into position, straddle the pivot arm of the leg attachment. Place your hands on the seat and slowly lower yourself into the position shown. Slowly curl your legs up. Do not arch your back. Slowly extend your legs down to the starting position.

LEG EXTENSION



Begin by making sure the leg extension / leg curl attachment is properly attached to your Bowflex. Sit on leg attachment as shown. Hook feet under pivot arm. Slowly raise feet as pictured. Return to starting position.